






SPRING/SUMMER MENU 2017

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CHANGES
MORNING SNACK	Cereal (Cheerios) & Fruit Milk	Yogurt & Fruit Orange Juice	Hot Oatmeal w/ fresh bananas & Cinnamon Milk	Waffles & Syrup w/ Fruit Milk	Cereal (Rice Krsipies) & Fruit Milk	<p>Menu items may change due to season and availability</p> <p>Hot Lunches Provided by Food For Tots</p>
LUNCH	 <p>Diced Cranberry Chicken w/ brown rice served w/mixed veggies (corn, beans, carrots, peas)</p> <p>Milk Seasonal Fresh Fruit</p>	 <p>Italian Meatball Soup served w/ Artisan Noor bread blanched baby carrots</p> <p>Milk Seasonal Fresh Fruit</p>	<p>100% Lean Beef Burger served w/ whole wheat bun mixed veggies (corn,beans carrots, peas)</p> <p>Milk Seasonal Fresh Fruit</p>	<p>Whole Grain Chicken Nuggets served w/ brown rice plum sauce, blanched carrot rounds</p> <p>Milk Seasonal Fresh Fruit</p>	<p>Baked Fish Filet Taco served w/ tartar sauce, california mixed veggies (broccoli, cauliflower carrots)</p> <p>Milk Seasonal Fresh Fruit</p>	
Vegetarian Option	Veggie Cranberry Chicken (Soy)	Italian Bean Soup	Vegetarian Burger (Soy)	Veggie Chicken Nuggets (soy)		
Halal Option	Halal Cranberry Chicken	Italian Bean Soup	Halal Beef Burger	Halal Chicken Nuggets		
Vegan Option	Veggie Cranberry Chicken (Soy)	Italian Bean Soup	Vegetarian Burger (Soy)	Veggie Chicken Nuggets (soy)	Veggie Burger (Soy) No Tartar Sauce	
Afternoon Snack	Apple Sauce & Arrowroot Cookies Infused Water w/Fruit	Cucumber & Cream Cheese Sandwhich Infused Water w/Fruit	Cheese Cubes & Crackers Infused Water w/Fruit	Goldfish & Raisin Trail Mix Infused Water w/Fruit	Pita Bread & Spinach Dip Infused Water w/Fruit	
Infant Snack	Same as above	Pita Bread & Cream Cheese	Same as above	Gold fish crackers	Same as above	

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WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CHANGES
MORNING SNACK	Cereal (Cheerios) & Fruit Milk	Yogurt & Fruit Orange Juice	Hot Oatmeal w/ fresh bananas & Cinnamon Milk	Waffles & Syrup w/ Fruit Milk	Cereal (Rice Krsipies) & Fruit Milk	<p>Menu items may change due to season and availability</p> <p>Hot Lunches Provided by Food For Tots</p>
LUNCH	 <p>Beef Ravioli in Tomato Sauce served w/ green beans</p> <p>Milk Seasonal Fresh Fruit</p>	 <p>Chicken Cacciatore served w/ whole grain pasta & diced carrots</p> <p>Milk Seasonal Fresh Fruit</p>	<p>Beef & Cheese Spaghetti Casserole served w/ corn & peas</p> <p>Milk Seasonal Fresh Fruit</p>	<p>Sweet & Sour Meatballs served w/brown rice & diced carrots</p> <p>Milk Seasonal Fresh Fruit</p>	<p>Diced Balsamic Chicken drumstick served w/ brown rice & green beans</p> <p>Milk Seasonal Fresh Fruit</p>	
Vegetarian Option	Beans/Tomato Sauce/Penne	Veggi Chick'n Cacciatore (Soy)	Beefstyle Spaghetti Casserole	Sweet & Sour Veggie Meatballs (Soy)	Balsamic Veggie Chicken	
Halal Option	Halal Beef/Tomato Sauce/Penne	Halal Chicken Cacciatore	Halal Beef Spaghetti Casserole	Sweet & Sour Veggie Meatballs (Soy)	Halal Balsamic Chicken	
Vegan Option	Beans/Tomato Sauce/Penne	Veggi Chick'n Cacciatore (Soy)	Beefstyle Spaghetti Casserole	Sweet & Sour Veggie Meatballs (Soy)	Balsamic Veggie Chicken	
Afternoon Snack	Apple Sauce & Arrowroot Cookies Infused Water w/Fruit	Cucumber & Cream Cheese Sandwhich Infused Water w/Fruit	Cheese Cubes & Crackers Infused Water w/Fruit	Goldfish & Raisin Trail Mix Infused Water w/Fruit	Pita Bread & Spinach Dip Infused Water w/Fruit	
Infant Snack	Same as above	Pita Bread & Cream Cheese	Same as above	Gold fish crackers	Same as above	

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CHANGES
MORNING SNACK	Cereal (Cheerios) & Fruit	Yogurt & Fruit	Hot Oatmeal w/ fresh bananas & Cinnamon	Waffles & Syurp w/ Fruit	Cereal (Rice Krsipies) & Fruit	Menu items may change due to season and availability Hot Lunches Provided by Food For Tots
	Milk	Orange Juice	Milk	Milk	Milk	
LUNCH	 Chicken Pot Pie Pasta served w/ green Beans	Fish Sticks served w/brown rice & peas	Diced Lemon Chicken served w/ whole grain pasta & california mixed veggies (broccoli, cauliflower carrots)	Beef Barley Soup served w/whole wheat dinner roll & diced carrots	Fish Burger Whole wheat bun, tartar sauce served w/peas & Carrots	
						
	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	Milk Seasonal Fresh Fruit	
Vegetarian Option	White Bean pot pie pasta/Chicken & Sauce		Veggie Lemon Chicken (Soy)	Bean Barley Soup		
Halal Option	Halal chicken pot pie pasta/chicken & sauce		Halal Lemon Chicken	Bean Barley Soup		
Vegan Option	White Bean pot pie pasta/Chicken & sauce	Veggi Chicken Nuggets (Soy)	Veggie Lemon Chicken (Soy)	Bean Barley Soup	Veggie Burger (Soy) No Tartar Sauce	
Afternoon Snack	Apple Sauce & Arrowroot Cookies	Cucumber & Cream Cheese Sandwich	Cheese Cubes & Crackers	Goldfish & Raisin Trail Mix	Pita Bread & Spinach Dip	
	Infused Water w/Fruit	Infused Water w/Fruit	Infused Water w/Fruit	Infused Water w/Fruit	Infused Water w/Fruit	
Infant Snack	Same as above	Pita Bread & Cream Cheese	Same as above	Gold fish crackers	Same as above	

SPRING/SUMMER MENU 2017

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU CHANGES
MORNING SNACK	Cereal (Cheerios) & Fruit	Yogurt & Fruit	Hot Oatmeal w/ fresh bananas & Cinnamon	Waffles & Syurp w/ Fruit	Cereal (Rice Krsipies) & Fruit	Menu items may change due to season and availability Hot Lunches Provided by Food For Tots
	Milk	Orange Juice	Milk	Milk	Milk	
LUNCH	 Macaroni & Cheese w/Chickpea & Kale Salad Milk Seasonal Fresh Fruit	Volcano Beef Meatballs served w/brown rice california mixed veggies (broccoli, cauliflower carrots) Milk Seasonal Fresh Fruit	Shepherd's Pie (Beef, potato peas, carrots) served w/ whole wheat bread Milk Seasonal Fresh Fruit	 Asian Chicken and rice served w/ peas Milk Seasonal Fresh Fruit	Ginger Beef & Veggies (broccoli, carrots, peppers, beans, mushrooms, onion) stir fry served w/ brown rice Milk Seasonal Fresh Fruit	
Vegetarian Option		Veggie Meatballs (Soy)	Beefstyle Shepherd's Pie	Veggie Chicken and fried rice	Mixed Bean Stir Fry	
Halal Option		Veggie Meatballs (Soy)	Halal Beefstyle Shepherd'sPie	Halal Chicken and fried rice	Halal Ground Beef Stir Fry	
Vegan Option	Pesto Macaroni	Veggie Meatballs (Soy)	Beefstyle Shepherd's Pie	Veggie Chicken and fried rice/no egg	Mixed Bean Stir Fry	
Afternoon Snack	Apple Sauce & Arrowroot Cookies Infused Water w/Fruit	Cucumber & Cream Cheese Sandwhich Infused Water w/Fruit	Cheese Cubes & Crackers Infused Water w/Fruit	Goldfish & Raisin Trail Mix Infused Water w/Fruit	Pita Bread & Spinach Dip Infused Water w/Fruit	
Infant Snack	Same as above	Pita Bread & Cream Cheese	Same as above	Gold fish crackers	Same as above	